

ABSTRACT

The invention consists in a foot and ankle support comprising a boot element having an upper part configured to contain a lower part of a user's leg and the use's ankle and a lower part configured to contain at least part of the user's foot. The boot element provides a front opening and a pair of side flaps defining the opening. Primary fastening means are provided operable to draw the side flaps together and each side flap has at least one aperture positioned to form a pair of adjacent apertures when the side flaps are pulled together. At least one first strap is provided able to engage with one side flap and be passed through the or an aperture in the other side flap and returned to the first side flap for engagement therewith, and secondary fastening means to further secure the boot element.